

Abstract

Title:

Didactics and characteristics of public and professional courses of selfdefense

Objectives of the theses:

Characterize the public and professional self-defense courses and describe their methodology

Method:

In the work was used theoretical-descriptive strategy grounded on qualitative research methods of data collection based on information system of personal experience and information obtained controlled interview with instructors police and self-defense instructors in the civilian sphere.

Results:

The methodology of teaching self-defense in a civil and professional spheres was used. Also was characterized the difference in the focus of these courses.

Key words:

Selfdefense, combat sports, martial arts, professional and civilian self-defense courses